

## **Abstract**

**Title:** Effect of small side games and interval running on level of selected fitness parameters for soccer players

**Objectives:** Determining the effect of small side games and interval running with / without balls on selected fitness parameters for soccer players (U17 and U19).

**Methods:** Measurement method, Intervention method. The group observed contained players aged 15 to 18. Total number of players was 36. From U19 team it was nineteen players and from U17 team it was seventeen players. In the end we counted to the results 15 players from U17 and 13 players from U19. Used tests: Yo – Yo intermittent recover test level 2, Illinois test without dribbling ball, Illinois test with dribbling ball, Myotest and 20m sprint. The data were gathered to Microsoft excel programme. Statistic analysis was done in IBM SPSS Statistics 24 software.

**Results:** Both intervention groups of footballers (U17 + U19) experienced a significant improvement in aerobic fitness (YYIR2,  $p < 0.05$ ,  $r \geq 0.58-0.63$ ). In the IR group there was a significant improvement in the agility test ( $p < 0.05$ ;  $r = 0.54$ ). Both groups recorded significant improvements in the CMJ Force parameter ( $p > 0.05$ ;  $r = 0.34$ ,  $r = 0.36$ ). However, no significant improvement was noted in the other power performance parameters. Both groups experienced an improvement in the ball agility test, but the changes were not significant. The results of the work suggest that both intervention groups can serve to increase aerobic fitness. In addition, the inclusion of sprint sections with a change of direction can lead to an improvement in agility.

**Keywords:** Football, interval training, small side games, adolescence.